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Art Unit: 3764  
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#### Specification Amendments

Please amend the specification as indicated in the following replacement paragraphs marked to show changes.

#### Paragraph beginning at page 1, line 21

A number of complex, multicomponent exercise devices have been recently ~~advertised, for advertised for~~ exercising parts of the body such as the legs, thighs, and chest. These devices typically incorporate sliding or ~~scissored arms biased arms, biased~~ by springs, elastic bands or pneumatic cylinders to ~~provide an~~ providing opposing force against the user. These devices are commonly expensive, difficult to use and have the particular disadvantage of exercising at most two or three parts of the body.

#### Paragraph beginning at page 3, line 9

~~I describe the embodiment of this invention. In this embodiment, the An exercise club formed in accordance with the present invention has a main body and a handle, and the main body has a hollow core, which is open at one end. Within the hollow core may be placed one or more weight tubes to tubes, to alter the overall weight of the club. If there is a plurality of are more than one weight tubes, they are sized so that they may be placed placees one inside the other within other, within the hollow core. An end cap is provided to close the open end of the club and safely retain the weight tubes within the hollow core. Because the club carries the weight tubes within the hollow core, its weight can be easily adjusted without changing the outer shape of the club.~~